

EDMONTON

metro®

NEWS
WORTH
SHARING.

CANADIAN SKIERS FINISH FIRST ON LAST DAY IN SOCHI

PARALYMPICS COME TO A CLOSE AS
CROSS-COUNTRY SKIERS MCKEEVER, KLEBL
GRAB GOLD FOR TEAM CANADA **PAGE 22**


Cavern
cheese • wine • beer • espresso

 780.455.1336
thecavern.ca

10169 - 104 street

WAVES
COFFEE
at home

#PAIRSWITH
Early mornings

WAVES
COFFEE • HOUSE



CHEERS TO ST. PADDY

Matthew Mosley was dishing up green pints with some good cheer at O'Byrnes Irish Pub on Whyte Avenue on Sunday. The bar started the celebrations early this past weekend, but they were expected to continue into Monday with live music and Irish dancers throughout the day. RYAN TUMILTY/METRO

Tanning salons not sweating Alta. legislation

Fake n' bake. Bill to focus on cancer risks for tanned teens



LEAH
GERMAIN
leah.germain@metronews.ca

Local tanning salons aren't expecting a huge hit on business as the province preps new legislation for tanning equipment in hopes of reducing skin cancer in young people.

While it is not clear if the bill will ban people under 18 from using tanning beds, St. Albert Fabutan Sun Tan Studio employee Laura Steel said the salon already has strict rules when it comes to young people.

"If they are under 16, then their parents need to accompany them to the tanning salon and give their consent," Steel

said, adding the studio requires teens under the age of 18 to get written parental consent before they tan.

Steel said the salon does not have many people under the age of 18 come to the salon and if they do, it's mostly to build a base before vacation.

"It's not a regular thing," she said. "I actually feel some of the parents could be upset because obviously getting them that base tan before they go somewhere hot prevents burn."

Health Minister Fred Horne said the legislation is being developed and could be introduced this spring or in the fall. The contents of the bill will depend on the political process.

"They will see it this year," Horne said. "We are ... looking at that (ban) as a key option and I will be taking it through our decision-making process in government as fast as I can."

On parental consent

"It is not shown to be an effective way to reduce a minor's use of tanning equipment."

The Canadian Cancer Society's Evie Eshpeter

Except for Saskatchewan and Manitoba, all the other provinces ban young people from using indoor tanning equipment.

Saskatchewan leaves it up to individuals to decide what is best for them.

Manitoba allows people under 18 to indoor tan if they have permission from a parent.

The Canadian Cancer Society said it fears Alberta may follow Manitoba's lead and introduce parental-consent-type legislation.

WITH FILES FROM THE CANADIAN PRESS



Who's got your back?

Save on interest with ATB's **9.9% Preferred Fixed-Rate MasterCard®**.
atb.com/lowrate

We do.



ATB Financial™

*MasterCard is a trademark of MasterCard International Inc. ATB Financial is a user of the trademarks and designs owned by MasterCard International Inc.™ Trademarks of Alberta Treasury Branches.

2006 FORD FREESTAR SE

STK#06T7574

\$6,988



2007 FORD ESCAPE XLT 4WD

STK#07A6820A

\$8,988



2011 DODGE GRAND CARAVAN

STK#11B2558

\$11,988



2009 JEEP LIBERTY 4WD LIMITED

STK#09T2514

\$12,988



Edmonton's official dealer

HISUN
MOTORS CANADA

FREE
2500LB
WINCH



2014 HISUN
RX400 4X4 EFI

STK#14Q1051

\$4,999/20WK

FREE
2500LB
WINCH



2014 HISUN
RX500 EPS

STK#14Q1132

\$6,699/28WK

2007 FORD F150 S/C 4X4 XLT

STK#07T2525

\$6,988



MECH SPECIAL

2010 NISSAN TITAN KING CAB 4X4 SE

STK#10A5898

\$13,988



SUNROOF



2010 CHEVROLET TRAVERSE LS

STK#10A4484

\$13,988



2010 CHEVROLET 1500 CREW 4X4 LS

STK#10A0612

\$17,988

2009 TOYOTA MATRIX XRS

#09T0779



\$8,988

2012 NISSAN ALTIMA 2.5S

#12B7161



\$13,988

2008 CHEVROLET IMPALA SS

#08T8821



\$13,988

2013 NISSAN SENTRA SV

#13T2777



\$14,988

2012 DODGE JOURNEY SE PLUS

#12T3810



\$16,988

2013 JEEP COMPASS SPORT 4X4

#13B8270



\$18,988

2013 FORD ESCAPE SE AWD ECO BOOST

#13A2391



\$20,988

2012 CHRYSLER 300 LIMITED

#12B7316



\$22,988

FREE
2500LB
WINCH



2014 HISUN
RX800 TOURING

STK#14Q0286

\$9,699/39WK

FREE
3500LB
WINCH



2014 HISUN
U400XI EFI 4X4

STK#14U0743

\$6,999/28WK

FREE
3500LB
WINCH



2014 HISUN
R700xi EPS

STK#14U1231

\$10,999/45WK

FREE
3500LB
WINCH



2014 HISUN
RS8R SPORT

STK#14U0009

\$10,999/45WK

HISUN 12 MONTH LIMITED WARRANTY

2006 RAM 1500 M/C 4X4 LARAMIE

#06T3879



\$12,988

2012 DODGE GRAND CARAVAN SE

#12A5754



\$13,988

2009 FORD F150 S/C 4X4 XLT

#09A7706



\$17,988

2009 CHEVROLET 1500 E/C 4X4

#09A2446



\$17,988

2011 FORD F250 CREW 4X4 XLT

#11T7572



\$18,988

2011 GMC 1500 E/C 4X4 SLE Z71

#11A3251



\$18,988

2011 RAM 1500 Q/C TRADESMAN

#13T0175



\$19,988

2013 RAM 1500 CREW 4X4 SLT HEMI

#13B1C88



\$29,988



LOCAL **(780) 483.7516**
TOLL FREE **1.866.310.5751**

10212-178 ST. EDMONTON
MON-FRI 9-9, SAT 9-6, SUN 11-5
www.cwas.ca



Prices are plus 5% GST. Fixed rate amortized over 96 months. At time of print all units were in stock, due to timing units may have sold by time advertisement came out. In event of unit sold Canada wide will try to replace with similar unit for client. On Hisun Units freight & PDI charges will apply. Pricing may in fact vary. Please contact dealer for details.



Facing heat

Redford grilled at Tory meeting

An anonymous Edmonton Progressive Conservative riding executive said the party's frank discussion with Premier Alison Redford is too little too late and Redford needs to resign.

Redford met with the party's board in a closed-door session in Calgary on Saturday and party president Jim McCormick said it was a thorough discussion of the issues facing the party.

"It was a wide-ranging, no-holds barred discussion," he said. "The premier did an excellent job. She didn't back away from any of the rather hard-hitting questions that she was asked. And she was very frank with us as we were very frank with her."

He said at the end of the meeting she was applauded.

"The premier received a standing ovation," said McCormick.

"Absolutely everybody was on their feet."

The party is hammering out a "work plan" for Redford to address some of the issues raised Saturday, but there were few details on what that would entail.

Speaking Sunday, an Edmonton riding executive, who spoke with Metro on the condition of anonymity, said he has no idea what the "work plan" could possibly accomplish.

"That to me is baloney," he said. "What does that really mean?"

The executive said he wished the party had made the tough decision and moved toward replacing Redford, because her leadership will cost the party the next election.

RYAN TUMILTY/METRO, WITH FILES FROM THE CANADIAN PRESS



Owen Petersen, owner of Prairie Mill Bread Company, in his southside store. Petersen said the city's proposed initiative to support local businesses in mature neighbourhoods is a good move. ROBYN TIMMONS/CONTRIBUTED

Giving mom and pop shops a boost

Matching funds. Program would help stores in mature neighbourhoods



RYAN TUMILTY
ryan.tumilty@metronews.ca

The city is looking at giving mom and pop business and mature neighbourhoods a boost to help keep the two together.

The proposed Corner Store program, which councillors will discuss Tuesday, would see the city help with marketing for small businesses in mature neighbourhoods,

as well as offering grants for facelifts to building facades.

Owen Petersen, owner of the Prairie Mill Bread Company in Terwilliegar, said even though the proposed program wouldn't apply to his shop, he sees a lot of merit in it.

"Any help for small business in any neighbourhood would be crucial," he said.

Petersen rents his shop, but said if more opportunities were there he would be interested in moving or expanding to a more centrally located shop he could own.

He said locations can be hard to find, but still the city is seeing lots of small bakeries, coffee shops and restaurants open up in mature neighbourhoods and just a

At a glance

- The city is recommending a program that would match a maximum of \$250,000 from business owners for façade improvements.
- In 2010, the city found there were 110 commercial sites in mature neighbourhoods.

slight boost could be a big help.

"If there were more of them that would be available, I think it would be better," he said.

Coun. Michael Walters said

he sees a lot of potential to keep communities in the core more viable. He said right now businesses are being pulled away from the core.

"You basically have this exodus of businesses to the suburbs and that leaves mature neighbourhoods with this big hole, so we don't have walkable complete communities," he said.

Walters said he thinks the program can be a great opportunity to deal with a long-standing problem in mature communities.

"This is an opportunity where the stars might align, where the city understands that you can't have these commercially vacant, mature communities," he said.

Spring Demo Sales Event.

Save \$7,000.00 on select 2014 Demos
B250, CLA250, C-Class, E-Class GLK, and ML Models



Ask us about Prepaid Maintenance.
Mercedes-Benz.ca/PPM



Mercedes-Benz



The David Morris Difference:

Over 70 cars and SUV's on Sale to choose from...

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, davidmorrisfinecars.com

Mercedes-Benz STAR DEALER



© 2014 B250/C350 4MATIC sedan shown above. Total price for above noted models \$26,611.00/\$30,011/\$36,661/\$54,911/\$39,611/\$56,011, includes freight/pdi, admin fee, security etch, AC recovery, tire levy and AMVIC fee also includes \$7,000.00 discount. Prices may vary depending on model and equipment levels. Some Demos have mileage which may vary. Insurance, licence and registration costs are extra. This offer cannot be combined with any other offers and is valid while supply lasts, based on a first come first serve basis. See a David Morris Fine Cars Ltd. sales consultant for details.

1 NEWS

Trauma. Province looking to gauge psychological response to 2013 flood

The provincial government is hoping to get a better understanding of the mental scars that may not have entirely washed away in the wake of last year's flood.

The province recently closed bids on a project asking for a review of the \$50 million invested in mental health last fall with the hopes of understanding whether the money did what they hoped.

"This is about improving and what we learn from this is going to help to provide a broader strategy," said Tim Wilson, a spokesperson for the health ministry.

Thalia Anderen, counselling manager with the Calgary counselling centre, said people reacted to the flood differently. She said initially people were just trying to cope with the initial pressures.



Ali Reinhart watches as water from the Elbow River overruns a Calgary bike path during last summer's flood. METRO FILE

"As more times goes on it is more of the anxiety and the nervousness, those things start to pop back up after the fact," she said.

Anderen said with spring around the corner, people's fears are rising.

RYAN TUMILTY/METRO

Seven fatalities in one week. Avalanche kills father and son

A 33-year-old father and his 11-year-old son were found dead Saturday beneath avalanche debris near Lake Louise, bringing the number of avalanche fatalities in the span of one week this season to seven — outpacing last season's entire total of five deaths.

"It's been a really horrible week," said Ilya Storm, a public avalanche warning service forecast co-ordinator with the Canadian Avalanche Centre.

The father and son, both from Quebec, had been reported missing late Friday night, after not checking in for their return flight to Montreal,

Quoted

"It's been a really horrible week."

Ilya Storm of the Canadian Avalanche Centre

RCMP Const. Phil Caza said.

The pair had rented a toboggan from the Chateau Lake Louise on March 9, and police believe the avalanche may have happened either March 9 or 10.

"It's hard to say," Caza said. We've had a lot of avalanches in the last few weeks."

ROBSON FLETCHER/METRO



A shipment of 400 teaching textbooks just arrived in Mogadishu as part of a partnership with the U of A and Somali National University. CONTRIBUTED

U of A takes part in Somali uni's rebuild

Somali National University. Alberta school helps launch faculty of education in east African country

LEAH GERMAIN
leah.germain@metronews.ca

After more than 24 years living in Edmonton, Somali national Mohamed Jimale moved to his home country to help

rebuild the country's national university.

Partnering with the University of Alberta's faculty of education, Jimale is working to launch the Somali National University's (SNU) education department to train the country's teachers.

"I felt responsible to go back," Jimale said Tuesday from Mogadishu. "Most of the educated people left the country during the civil war."

With his own children graduating from the U of A, Jimale thought the university

was the best partner to help rebuild SNU, which was forced to close in the early 1990s as civil war ravaged the east African country.

"Most of the teachers were killed or left the country (during the war)," said Jimale. "I felt that it is very necessary to bring back the faculty of education."

As part of the partnership, the U of A's education faculty delivered a shipment of more than 400 education textbooks to Mogadishu, Somalia's capital, last week.

Now organizers are working on sending teaching staff to Nairobi, Kenya, to hold training sessions for SNU staff.

"One thing we all recognize is the critical importance of teaching and the basic importance of teachers and making sure teachers are well educated," said George Richardson, associate dean of international initiatives for U of A's faculty of education.

"We learn a huge amount working with others. It helps you look carefully at what we do."

Edmonton WOMAN'S SHOW

www.EdmontonShows.com

CHEESE SEMINARS
Sponsored by the
Dairy Farmers of Canada

**UPCYCLING
COMPETITIONS**
Sponsored by Value Village

SILENT AUCTION
In support of the
Lurana Shelter Society

\$12 General Admission • \$10 Students/Seniors • Buy your tickets online at www.womanshow.com/tickets

April 5 & 6
SAT: 9am - 5pm SUN: 11am - 5pm
**Edmonton EXPO Centre
(HALL B)**
For more info call: **780-490-0215**

just wanna fun
A LAVISH WEEKEND
of LIVING, LAUGHING & LEARNING

**Cory & Jody Mitic
from the
Amazing Race Canada**

*Promotions subject to change without notice.



Business that sizzles.

Chef Paul Schufelt (Culinary Arts '01)
is partner in the Century Hospitality Group.
He is also an inspired entrepreneur, opening
many of Edmonton's great restaurants.

WE ARE ESSENTIAL TO ALBERTA

OUR SUCCESS IS ALBERTA'S SUCCESS

NAIT delivers on its promises to students, industry partners and the province every day. Through highly-qualified faculty and staff, NAIT students graduate with real skills, relevant knowledge and quick entry into rewarding careers. It's the kind of return on investment that positions one for life, while contributing to a better future for the next generation and those to come.

As a leading polytechnic, NAIT's hands-on, technology-based learning and applied research solutions are well-known for advancing science, technology and environment; health; trades; and business. We're recognized at home and around the world. We are essential to Alberta and beyond.

#WeAreEssential

A LEADING POLYTECHNIC
COMMITTED TO STUDENT SUCCESS

nait.ca





An ultrasound image shows one of the fertilized embryos Natalie Slonowski had implanted by a fertility doctor in Vancouver. As of Sunday, Slonowski was waiting on blood work to determine if she was, in fact, pregnant.
CONTRIBUTED

Funding fertility: Woman's burden or provincial duty?

In-vitro fertilization.

Woman asks provincial politicians why system won't fund her struggle



LEAH GERMAIN
leah.germain@metronews.ca

Sitting in the office of Alberta's Wildrose health critic last week, Natalie Slonowski's eyes watered when she was asked if she thinks she might be pregnant.

After more than five years of trying to conceive, the 30-year-old Edmonton woman opted to pursue in-vitro fertilization (IVF) last October and is looking for answers from the province on why it doesn't help fund the costly procedure.

Since October, Slonowski has been travelling back and forth to Vancouver, completing her first batch of a fresh

Price of parenthood

"I'm a mother. We tend to put costs on things; that bothers me."

Wildrose health critic Heather Forsyth

IVF cycle — which includes harvesting fresh eggs and implanting fertilized embryos — to no avail.

Now faced with a second batch of IVF, Slonowski is fed up.

"I'm diagnosed infertile," Slonowski wrote in an email she forwarded to every MLA in Alberta. "I was told my only option was IVF."

Slonowski's words struck a chord with Heather Forsyth, the health critic for Alberta's Wildrose Party, who agreed to meet and hear about her story.

"For me, I'm a woman," Forsyth told Slonowski. "I'm a mother. We tend to put costs on things; that bothers me."

In February, researchers at the University of Alberta released a report commissioned by Alberta Health considering the cost of publicly funding IVF treatment in the province.

According to the report, the province could stand to save \$97 million over 18 years if it were to publicly fund single-embryo transplants, since it would cut back on the number of multiple births and twins, which can be costly for health care.

While Health Minister Fred Horne admitted he had not read the report, he said Slonowski is not alone in her struggle to get pregnant.

"I get a lot of emails and I've received a lot of letters on

Pros and costs

- According to the Assisted Reproductive Technologies for Infertility report, restricting the number of embryos transferred during IVF treatment reduces the likelihood of multiple births and the potential expense on neonatal and postnatal care.
- The report notes that for the 1,222 IVF candidates in the province, the costs associated with pregnancy, delivery, neonatal and postnatal care is approximately \$316 million.

in-vitro fertilization," Horne said. "I understand there are a lot of people in Alberta who would like to see us fund this as part of the health-care system."



The ones your donations helped don't know your name. But we'd like to recognize you.

Introducing the First-Time Donor's Super Credit.

If you're a first-time charity donor, or you haven't claimed a donation tax credit since 2007, there's a new tax credit for you. It's an additional credit that allows you to reduce your federal tax payable by up to \$250. Join the millions of Canadians who file online and use direct deposit to get their refund faster.

Find out more at cra.gc.ca/TaxSavings



Canada Revenue
Agency

Agence du revenu
du Canada



Canada



Michael Hornburg holds a photograph of his son Nate, who was the 71st Canadian soldier to die in Afghanistan, at his home in Calgary, on Tuesday.
JEFF MCINTOSH/THE CANADIAN PRESS

Investigation of CSEC reveals wrongdoing

An investigation at Canada's secretive eavesdropping agency has uncovered misuse of public assets and "serious breaches" of the spy outfit's values and ethics code.

The findings, prompted by confidential information from a whistleblower, led Communications Security Establishment Canada to revise policy, improve training and boost oversight.

However, CSEC will say little more about the episode, leading opposition MPs to accuse the spy agency of needless secrecy as it comes under intense scrutiny due to widely publicized leaks by former American intelligence contractor Edward Snowden.

Ottawa-based CSEC monitors the foreign computer, satellite, radio and telephone traffic of people,

countries, organizations and terrorist cells for information of intelligence interest to the federal government.

The Canadian agency says its findings of asset misuse and ethics breaches are not related to national-security information, the privacy of Canadians or the continuing construction of CSEC's elaborate new Ottawa headquarters.

THE CANADIAN PRESS



John Forster, chief of CSEC.
THE CANADIAN PRESS FILE

Families of fallen reflect on their loss

At what price? Despite the investment of blood and treasure, the Afghanistan being left behind is far from peaceful and secure

Was it all worth it?

It is a brutally awkward question, especially when posed in the context of Afghanistan.

There is no shortage of people opining about the now-concluded military mission that morphed into a costly, bloody humanitarian exercise.

But few of those voices truly count as much as the ones who've stayed largely silent through the tempest of this war: the families of the fallen, some of whom are speaking up for the first time in a series of interviews with The Canadian Press.

As the last 100 soldiers rush into the warmth of home this week, these people will still have empty places at the dining room table and cling to the mementoes of lives in-

exorably cut short.

And although the scale of casualties from Afghanistan pales in comparison to the unmitigated slaughter of the First and Second World Wars, they say the grief and sense of loss is no less sharp.

There were 158 Canadian soldiers, one diplomat, one journalist and two civilian contractors who died over the dozen years Canada's military spent in both Kandahar and Kabul.

"While I support human rights all over the world, in many ways I don't understand why our Canadian Armed Forces would be there to stabilize Afghanistan," said Michael Hornburg of Calgary, who lost his son, 24-year-old Cpl. Nathan Hornburg.

"From what (Nathan) told us privately and said publicly, he wanted to go and provide a better way of life for women and girls," he said.

"He was always a very, very strong supporter in his life here in Calgary for the rights of women and girls, but I just don't know that was worth his life. You know? For a worthless ass piece of (the) Rigestan Desert." THE CANADIAN PRESS



Timeless vehicles. Limited time offers.

Take advantage of 3 payments waived and 0.9% financing for 36 months on ALL 2010-2012 Certified Pre-Owned models at the Spring Event.

Become the new owner of a Mercedes-Benz Certified vehicle and enjoy:

- Reassurance: 150-point certification inspection
- Warranty: standard Star Certified warranty up to 6 years or 120,000 km
- Confidence: complete vehicle history report
- Security: 24-hour special roadside assistance
- Peace of mind: five day/500 km exchange privilege

For a complete listing, visit davidmorrissfinecars.com

0.9% **3 months**
for 36 months payments waived

Mercedes-Benz
CERTIFIED

Certified. Affordable. Luxury.



2012 R 350 4matic™ DIESEL, \$56,999 + GST
Stock # shown P12-14084

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, davidmorrissfinecars.com

Mercedes-Benz STAR DEALER



© 2014 Mercedes-Benz Canada Inc. *0.9% financing only available through Mercedes-Benz Financial Services on approved credit for a limited time. Available for 24 month finance on model year 2010-2012 Certified Mercedes-Benz (less than 140,000 km). Finance example based on a 2010 model: \$25,000 at 0.9% per annum equals \$1051.46 per month for 24 months. Cost of borrowing is \$235.05 for a total obligation of \$25,235.05. Down payment may be required. **For the provinces of British Columbia, Alberta, Saskatchewan and Manitoba only, first, second and third months payments are waived for finance programs on model year 2010-2012 Certified Pre-Owned Mercedes-Benz models. The payment waivers are capped up to a total of \$500/month including tax for a Mercedes-Benz model. Vehicle licence, insurance, registration and sales taxes are extra. Dealer may lease or finance for less. Offer may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offers end March 31st, 2014.

visit
metronews.ca

metro

NEED MONEY?

\$300 - \$1500

- No credit checks
- No upfront fees

CALL NOW!

1-866-499-5629

WWW.MYNEXTPAY.CA

Nigeria. Muslims attack Christian settlers; more than 100 people killed

Officials say Fulani Muslim herders attacked three Christian villages and killed more than 100 civilians. Hundreds of thatched-roof huts were set ablaze.

Thousands have been killed in recent years in competition for land and water between mainly Muslim Fulani herdsman and Christian farmers across Nigeria's Middle Belt. More than 100 people were killed in similar attacks in neighbouring Katsina state last week.

Chenshyi village chief

Nuhu Moses said Sunday that gunmen killed more than 50 people including the pastor's wife and children.

He said the entire village was destroyed.

Local government acting chairman Daniel Anyip said about 100 people were killed in attacks on three villages Friday night. The Southern Kaduna Indigenous Progressive Forum blamed the government for failing to take action.

THE ASSOCIATED PRESS

Moonshine from China?

Russian villagers die after drinking bad booze

Investigators in Russia say at least 14 people in a village in the country's Far East have died of apparent methanol poisoning after

drinking counterfeit liquor.

Officials in Krasnokamensk region said Sunday they believe the alcohol may have been imported from China, around an hour's drive from the village. Investigators say a 49-year-old resident of the village has been detained, suspected of selling the liquor. THE ASSOCIATED PRESS

Egypt's crackdown brings most arrests in 20 years



Ousted Egyptian President Mohammed Morsi, centre, arrives for a trial hearing in Cairo in November 2013. EGYPT'S INTERIOR MINISTRY/THE ASSOCIATED PRESS

Systematic beatings.

Flood of arrests has swamped prisons and courts; prisoners are held for months without charge

Egypt's crackdown on Islamists has jailed 16,000 people over the past eight months in the country's biggest round-up in nearly two decades, according to previously unreleased figures from security officials. Rights activists say reports of abuses in prisons are mounting, with prisoners describing systematic beatings and miserable conditions for dozens packed into tiny cells.

The Egyptian government has not released official numbers for those arrested in the sweeps since the military ousted Islamist President Mohammed Morsi in July. But

Election 'farce'

Former Egyptian presidential candidate close to the country's youth movements, Khaled Ali, said Sunday he would not take part in upcoming presidential elections, calling them a "farce" stacked in favour of Egypt's powerful military chief, Field Marshal Abdel-Fattah el-Sissi.

four senior officials — two from the Interior Ministry and two from the military — gave a count of 16,000, including about 3,000 top- or mid-level members of Morsi's Muslim Brotherhood.

The count, which is consistent with recent estimates by human rights groups, was based on a tally kept by the Interior Ministry. It includes hundreds of women and minors.

THE ASSOCIATED PRESS

HUDSON PARK GRAND OPENING

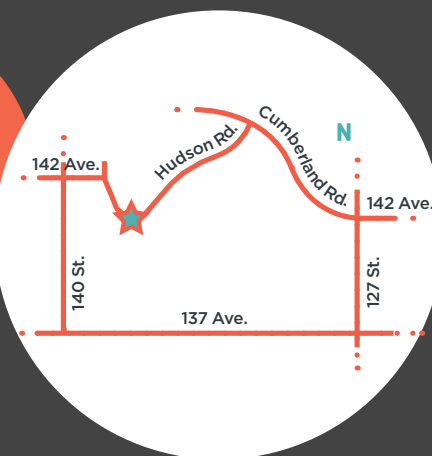
**Saturday, March 22 &
Sunday, March 23 from 12-4pm**

**Free food and treats for the whole family!
Free gift cards for all who attend!***

With homes starting from the **\$430s**,
you can have it all in Hudson Park.



Enter to
WIN \$2000
in gift cards!



* Conditions apply.
While supplies last.

homesinudson.ca

Over 200 illegal oil refineries destroyed

Nigeria. Critics say the move fails to confront a root cause of oil theft — political corruption

The Nigerian navy said it has destroyed 260 illegal oil refineries and burned 100,000 tons of contraband fuel, but critics

say this targeting of small-time criminals fails to confront the biggest culprits in oil thefts — the politically connected criminal cartels who sell on the international market.

Similar missions in the past have failed to slow thefts valued at more than \$20 million a day on the world market.

On Friday night, the commanding officer of the NNS

Delta, Capt. Musa Gemu, said sailors destroyed about 260 refineries in the Warri area of the southern Niger Delta. He said they also arrested five suspects.

A former militant in the area, Cross Ebikpade, said such attacks have little effect as the primitive operations use materials like oil drums that are easily available locally. "You

can burn the site today but by next week the operators are back in business," he said.

Niger Delta residents have told reporters that they feel entitled to steal oil because they have received little reparation for decades of oil spills and gas flaring that have corrupted their environment, killing fishing and agricultural fields.

THE ASSOCIATED PRESS



This May 2013 photo shows an illegal refinery after a raid by the Nigerian navy at the creeks of Bayelsa, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS FILE



Cheer up, it's spring!

A girl reacts as women smear colour on her face to celebrate Holi, the Hindu festival of colours, in Allahabad, India, on Sunday. The festival heralds the arrival of spring. RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

Los Angeles

Subway excavation unearths fossils

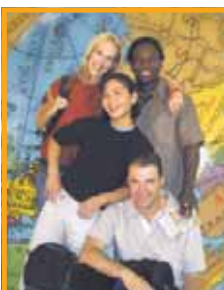
An exploratory subway shaft dug just down the street from the Los Angeles County Museum of Art has uncovered a treasure trove of fossils in the land where sabre-toothed cats and other early animals once roamed, the Los Angeles Times reported Saturday.

They include mollusks, asphalt-saturated sand dollars and possibly the mouth of a sea lion dating to two million years ago, a time when the

Pacific Ocean extended several kilometres farther inland than it does today.

"Here on the Miracle Mile is where the best record of life from the last great ice age in the world is found," said paleontologist Kim Scott.

The area, dotted today with museums, restaurants, boutiques and apartment buildings, also includes the world-famous La Brea Tar Pits. It was there that mammoths and sabre-toothed cats got stuck in the pits' oozing muck, which preserved their skeletons for millennia. THE ASSOCIATED PRESS



Adventure! Teach English Overseas

- TESOL Certified in 5 Days
- In-Class or Online
- No Degree Required!

1.888.270.2941

Job Guaranteed!

Next In-Class Course:

Mar 21st-22nd 23rd & Mar 28th-29th 30th

Next Seminar: Mar 12th, 2013 @ 7pm

Room # 5J 102 - St Joseph's College, U of A, 11325 89th Ave

www.globaltesol.com



ALBERTA'S #1 **KIA** Dealer.

DESIGNED TO WIN YOU OVER.....

FIND YOUR NEXT CAR

KIAWESTEDMONTON.COM

BEST SELECTION • BEST PRICE • BEST IN SERVICE 2014

<p>KIA FORTE</p> <p>STARTING FROM \$13,480</p>	<p>KIA OPTIMA</p> <p>STARTING FROM \$24,780</p>	<p>KIA RIO</p> <p>STARTING FROM \$14,480</p>	<p>KIA RONDO</p> <p>STARTING FROM \$18,560</p>
<p>KIA SORENTO</p> <p>STARTING FROM \$24,460</p>	<p>KIA SPORTAGE</p> <p>STARTING FROM \$23,760</p>	<p>KIA SOUL</p> <p>STARTING FROM \$18,160</p>	<p>KIA CADENZA</p> <p>STARTING FROM \$37,480</p>

KIA THE POWER TO SURPRISE

1.800.NEW.KIAS

WWW.KIAWESTEDMONTON.COM

5000 Miles Military 3 Year/50,000 Kilometers New Vehicle Limited Warranty Program

WE'VE GOT YOU COVERED. All new cars include 5 year/100,000 km powertrain warranty.

10151 179 st.

SOME VEHICLE PHOTOS MAY NOT BE EXACTLY AS ILLUSTRATED. PRICES EXCLUDE 5% GST SEE DEALER FOR DETAILS. ALL REBATES TO DEALER

Crimea votes to leave Ukraine, join Russia

Over 95 per cent approve. U.S., Europe condemn referendum as illegal, while Kyiv derides it as a 'circus'

Fireworks exploded and Russian flags fluttered above jubilant crowds Sunday after residents in Crimea decided to secede from Ukraine and become part of Russia. The U.S. and Europe condemned the ballot as illegal and destabilizing and were expected to slap sanctions against Russia for it.

Ukraine's new government in Kyiv called the referendum a "circus" directed at gunpoint by Moscow — referring to the Russian troops now in the strategic Black Sea peninsula after seizing it two weeks ago.

But after the polls closed, crowds of ethnic Russians in

Quoted

"It's like they're crazy Texans in western Ukraine. Imagine if the Texans suddenly took over power (in Washington) and told everyone they should speak Texan."

Ilya Khlebanov, one of the voters in Simferopol who expressed fear the new Ukrainian government would oppress them

the Crimean capital of Simferopol erupted with chants, overjoyed at the prospect of once again becoming part of Russia.

The referendum offered voters the choice of seeking annexation or remaining in Ukraine with greater autonomy. After 50 per cent of the ballots were counted, Mikhail Malishev, head of the referendum committee, said more than 95 per cent of voters had approved splitting off and joining Russia.

Opponents of secession appeared to have stayed away Sunday, denouncing the vote

as a cynical power play.

The Crimean parliament was to meet Monday to formally ask Moscow to be annexed and Crimean lawmakers will fly to Moscow later in the day for talks, Crimea's pro-Russia prime minister said on Twitter.

Ethnic Ukrainians interviewed said they refused to take part in the referendum, calling it an illegal charade stage-managed by Moscow. Some said they were scared of the potential for widespread harassment.

Canada denounced the referendum, saying it would lead to further isolation of Russia's

Vladimir Putin.

"The so-called referendum held today was conducted with Crimea under illegal military occupation. Its results are a reflection of nothing more than Russian military control," Prime Minister Stephen Harper said in a statement.

"This 'referendum' is illegitimate, it has no legal effect, and we do not recognize its outcome," the prime minister said, adding Canada is working with other countries on the possibility of further sanctions.

"Any solution to this crisis must respect the territorial integrity, sovereignty and independence of Ukraine as well as the constitution of Ukraine. Mr. Putin's reckless and unilateral actions will lead only to Russia's further economic and political isolation from the international community."

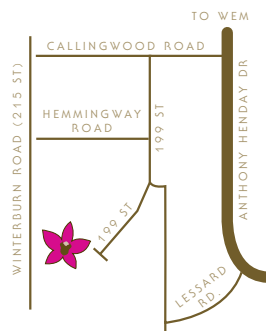
THE ASSOCIATED PRESS, WITH FILES FROM THE CANADIAN PRESS



Pro-Russian people celebrate in Lenin Square in Simferopol, Ukraine, Sunday, join Russia. VADIM GHIRDA/THE ASSOCIATED PRESS

Have it all in Hampton Pointe

**FINAL PHASE
NOW SELLING**



Take Anthony Henday
to Lessard Rd.
Turn right on 199 St.

Exclusive Builder Group

Bedrock Homes 780-756-1038
Dolce Vita Homes 780-756-3403

Showhome Hours

Monday to Thursday: 3 – 8pm
Saturday & Sunday: 12 – 5pm



after residents in Crimea voted overwhelmingly to secede from Ukraine and

Lost plane. Vanishing likely deliberate

The final words from the missing Malaysian jetliner's cockpit gave no indication anything was wrong, even though one of the plane's communications systems had already been disabled, officials said Sunday, adding to suspicions that one or both of the pilots were involved in the disappearance.

The Malaysian government announced findings that strongly suggested the plane was deliberately diverted and may have flown as far north as Central Asia or south into the reaches of the Indian Ocean.

Investigators said someone on board the plane first disabled one of its communications systems about 40 minutes after takeoff. Around 14 minutes later, the transponder that identifies the plane to commercial radar systems was also shut down. The fact that both systems went dark separately offered strong evidence the disappearance was deliberate. **THE ASSOCIATED PRESS**

The Downtown Business Association Presents

DOWNTOWN DINING WEEK

March 14-23

Ten days. Three prices. Dozens of delectable meals.

Dine out to win great prizes!

GRAND PRIZE
A Deluxe Weekend Getaway for Two
Courtesy of the Fairmont Hotel Macdonald

\$15 \$25 & \$50

Allegro Italian Kitchen
Blue Plate Diner
The Burg
Chop Steakhouse & Bar
Cocoa's Restaurant & Lounge
The Common
The Confederation Lounge
The Creperie
De Dutch Pannekoek House
Fionn MacCool's
The Free Press Bistro
Hardware Grill
The Harvest Room
Hundred Bar | Kitchen
La Ronde
Lazla
Lux Steakhouse + Bar
Madison's Grill & Vintage Room
The Marc
Normand's Bistro
Pazzo Pazzo Italian Cuisine
Ruth's Chris Steak House
Sabor Divino Restaurant
Select share
Sorrentino's Downtown
Tavern 1903
TZiN Wine & Tapas
Wildflower Grill
Zinc

@DBAveg #DTDWveg
edmontondowntown.com

downtown business association
 Good things come from Sysco
 THE Fairmont HOTEL MACDONALD
 ZINC
 City
 EDMONTON JOURNAL

Go on a power trip.

open your mind.

>> Save \$3,000 on the 2014 smart fortwo electric drive.

Put down the pump and plug in a 2014 smart fortwo electric drive. We are offering \$3,000 off¹ the purchase price of the smart fortwo electric drive, so visit your local smart Centre to book a test drive today.

3 months' payments waived ²	
\$299	per month*
Lease APR	1.9%
	39 months

*Fees and taxes are extra.

Learn more through the smart Canada App.
www.smart.com

smart - a Daimler brand

The David Morris Difference:
Spring Demo Sales Event on Now

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, davidmorrisfinecars.com

Mercedes-Benz STAR DEALER



© 2014 smart Canada, a Division of Mercedes-Benz Canada Inc. Model shown is a 2014 smart fortwo electric drive coupé with European equipment. ¹\$3000 off the MSRP of a smart fortwo electric drive coupé and smart fortwo electric drive cabriolet only. National MSRP of a smart fortwo electric drive is \$26,990 (coupé/\$29,990 (cabriolet), applied with discount is \$23,990 coupé/\$26,990 cabriolet. Provincial rebates also available in some provinces. ²First, second and third month payment waivers are capped for the 2014 smart fortwo electric drive coupé up to a total of \$400 (including taxes) for lease programs. Vehicle license, insurance and registration are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. See your local smart Centre for details. Offer expires March 31st, 2013.

Syria. Assad forces seize key rebel town near the Lebanese border

Syrian troops backed by Hezbollah fighters seized a key rebel supply town on the Lebanese border on Sunday, driving them from the area and scoring a major blow against them in the three-year-old conflict.

The fall of Yabroud immediately emboldened government forces to attack nearby rebel-held towns, pressing forward in what has been nearly a year-long advance against rebels fighting to overthrow President Bashar Assad.

Support from the Iranian-backed, Shiite Hezbollah appears to have tipped the balance in the border area, even as it has partly prompted the conflict to bleed into Lebanon where it has ignited polarizing sectarian tensions between Sun-



Damaged buildings in Yabroud, Syria, Sunday. THE ASSOCIATED PRESS

nis and Shiites.

In Lebanon, 13 people have been killed in Syria-related violence in recent days: 12 in gunbattles and one in a rocket attack.

THE ASSOCIATED PRESS

Tibet-China. Monk sets himself on fire in ethnic Tibetan area of China

A monk set himself on fire Sunday in an ethnic Tibetan area of northwest China, the country's official news agency reported.

In a brief report citing local authorities, Xinhua News Agency said the monk was from the Shaderi Monastery in Huangnan Tibetan autonomous prefecture in Qinghai province.

The report said police were rushing to the site and gave no further details.

A man at the Zekog county public security bureau confirmed the immolation and said it took place outside the

monastery.

He said he had no other information and refused to be identified.

Calls to the county government went unanswered.

Qinghai neighbours Tibet. More than 100 people have self-immolated in Tibetan areas since 2009 to protest Chinese restrictions on Buddhism and denigration of the Tibetans' spiritual leader, the Dalai Lama, who lives in a Buddhist area of India.

The government has blamed the self-immolations on hostile foreign forces.

THE ASSOCIATED PRESS



Commemorating Latvian soldiers who fought in Nazi units

Former Latvian environment minister Einars Cilinskis, centre, takes part in a march Sunday in Latvia to the Freedom Monument to commemorate Latvian Second World War veterans who fought in Waffen SS divisions. Cilinskis was formally fired on Friday for rejecting government orders not to participate in annual commemorations of Latvian soldiers who fought in Nazi units. OKSANA DZADAN/THE ASSOCIATED PRESS

North Korea fires off protest rockets

Tensions continue. Pyongyang fired the rockets Sunday apparently to protest U.S.-South Korean military drills

North Korea fired 18 short-range rockets into the sea off its east coast Sunday, South Korean officials said, in an apparent continuation of protests against ongoing U.S.-South Korean military drills.

Such short-range rocket tests are usually considered

routine, as opposed to North Korean long-range rocket or nuclear tests, which are internationally condemned as provocations. North Korea has conducted a string of similar short-range launches in recent weeks that have coincided with the annual military

drills by allies Washington and Seoul.

North Korea says the drills are preparation for an invasion.

The allies say the exercises are routine and defensive in nature.

THE ASSOCIATED PRESS



Bank of Canada

Worries of disinflation gaining steam

Does Canada still have a too-low inflation problem?

The recent upward drift in the consumer price index, which the Bank of Canada watches like a hawk, appeared to put to rest concerns that the country was headed for disinflation, a period of low and declining inflation.

But it appears the relief may have been premature.

This Friday's inflation reading for February has some economists predicting the Statistics Canada report will show the annual CPI falling below one per cent.

THE CANADIAN PRESS

Riddle me this...

Is a blimp still a blimp with a semi-rigid skeleton?

The next generation of the well-known Goodyear blimp is getting ready to take flight as the company moves toward replacing its old fleet of airships with a new trio.

The helium-filled airship is bigger, quicker and more manoeuvrable than earlier models, Goodyear Tire & Rubber Co. said.

The airship has a semi-rigid internal skeleton, a feature that wasn't present in earlier models and raises questions about whether it is truly a blimp, though the company still refers to it as such. THE ASSOCIATED PRESS



Sap-rilege: Cold may mean less nectar of the gods this year

Paul Boulanger tosses wood in to fire up the sap evaporator at the Turtle Lane Maple sugar house in North Andover, Mass., last week. Maple syrup season is finally underway in Massachusetts after getting off to a slow start because of unusually cold weather. The season starts at the end of February in a typical year. But despite being well into March, temperatures have been too low for the sap to drip out. Many farms have yet to start tapping their trees, said Winton Pitcoff, co-ordinator for the Massachusetts Maple Production Association. But it's too soon to say whether the late start will affect the overall maple season, which ends in April, Pitcoff said.

ELISE AMENDOLA/THE ASSOCIATED PRESS

Taking off around globe. Commercial drones grounded in U.S., for now

The U.S. government bars commercial use of drones, no matter how seemingly benign.

But already, photographers, real estate agents, moviemakers and others are hurrying to embrace the technology.

The use of commercial drones is starting to spread to countries where authorities have decided the aircraft presents little threat if operators follow a few safety rules.

U.S. officials say rules to address the special safety challenges associated with unmanned aircraft need to be in place before they can share the sky with manned aircraft.

But final rules could be years away for small



A drone landing after flying over the scene of an explosion in East Harlem in New York last week.

THE ASSOCIATED PRESS FILE

drones, which are defined as those weighing less than 55 pounds.

The drone industry and some lawmakers worry that the United States will be one of the last countries to gain the economic benefits of the technology.

THE ASSOCIATED PRESS

Put a fork in bitcoin



Is the bitcoin revolution just one more doomed universal currency idea? Judging by the recent spate of thefts, frauds and swindles connected to bitcoin exchanges, the answer seems to be yes.

If you got in at \$30 US three years ago and hung on past the 2013 \$1,250 US peak to today's price at around \$650 US, you've still done nicely. Hint! Selling now might be a really, really good move.

Because transactions among private parties, merchants, as well as with bitcoin exchanges are unregulated, the statistics about "investment" in and spending of this cybercurrency is anyone's guess.

However economic behavior study tells us that regular investors jump on hot trends too late and jump off long after the big boys and girls have pocketed their profits.

So, for all those who bought into bitcoins late, is there still hope? There might be. Just last week two major players, Perseus Telecom and Atlas ATS teamed up in an attempt to bring some sanity and regulation to the cybercurrency world.

Perseus connects stock markets and other security exchanges with big institutional investors' trading platforms. Year-old Atlas operates a digital currency exchange providing "two-factor authentication, cold storage of crypto currency, multi-tiered multi-firewall architecture." Cold storage for currency? Okay, moving on.

Both firms promise to bring security, regulation and liquid-

ity to the bitcoin world. Right now digital currency is housed in the world of cloud computing, making it highly vulnerable to hackers. And with every theft or hint of scandal, bitcoin prices take a wild ride, making it almost useless for spending and leaving it in the realm of speculators.

The Perseus/Atlas partnership isn't exactly like General Mills and Johnson & Johnson combining to offer a cure for the common cold. In fact, the new exchange system is only for high-frequency traders and financial institutions. Does this sound like you?

Still, average folk who have taken a flier on bitcoins could benefit down the road, if trading becomes more secure. But even if it does, this digital currency is, in the words of Marketwatch's Personal Finance Daily, "as stable as Justin Bieber's trip through puberty."

It's done?

The cybercurrency graveyard:

- OS-Gold, Standard Reserve, INYGOLD, e-gold, 1mdc, e-Bullion (digital gold currencies. 1996-2004 (all were fraudulent))
- DigiCash. 1990-1998
- CyberCash. 1994-2001
- Beenz. 1998-2001
- Flooz. 1999-2001
- Internetcash.com. 1999-2001
- QQ coins. 2000-2002
- Linden Dollars. 2008
- Bitcoins. 2009 - ????

We do.

With our Clear-Cut Mortgage Rates, what you see is what you get.

THE DO-IT-YOURSELF SOLUTION

Just in case you missed it, Our Fearless Civic Leader (OFCL) announced a new city initiative the other day. As I am sure just about everybody knows, because of unseasonably warm weather, all the snow that fell during the winter has started to melt at once. The huge windrows on many streets and thick ice created from compacted snow covered the storm sewers in many areas. This led to the creation of some very large puddles, some of which looked more like small lakes.

OFCL's response to Edmontonians' concerns and complaints was to encourage Edmontonians to get out and clear away the ice and snow so the water could run off. Doing so would help show what good neighbours we are. How aged, infirm or otherwise unhealthy Edmontonians were supposed to do this was not mentioned. Neither was whether the city would provide defibrillators should they be necessary.



URBAN COMPASS
Terence Harding
edmonton@metronews.ca

According to some of the tweets I looked at, a number of people thought this was a great idea. Most of the tweets I looked at had pictures of the tweeters and they were all quite young. Ah, the exuberance of youth. One mother indicated that her six-year-old child and some friends were actually trying to free the catch basin in their playground when she came to pick him up. As I said, the exuberance of youth.

Where chipping was impossible, OFCL advised calling 311 and asking for someone to come out and fix the problem. But one person indicated that he had emailed and phoned for some help and had not heard anything in a month. Our Fearless Civic Leader is nothing if not optimistic.

What is most interesting about OFCL's advice is that it signals the launch of a much larger initiative. Apparently, since we have done so well cleaning our own sidewalks and liberating storm sewers, the same approach will be

DIY downside

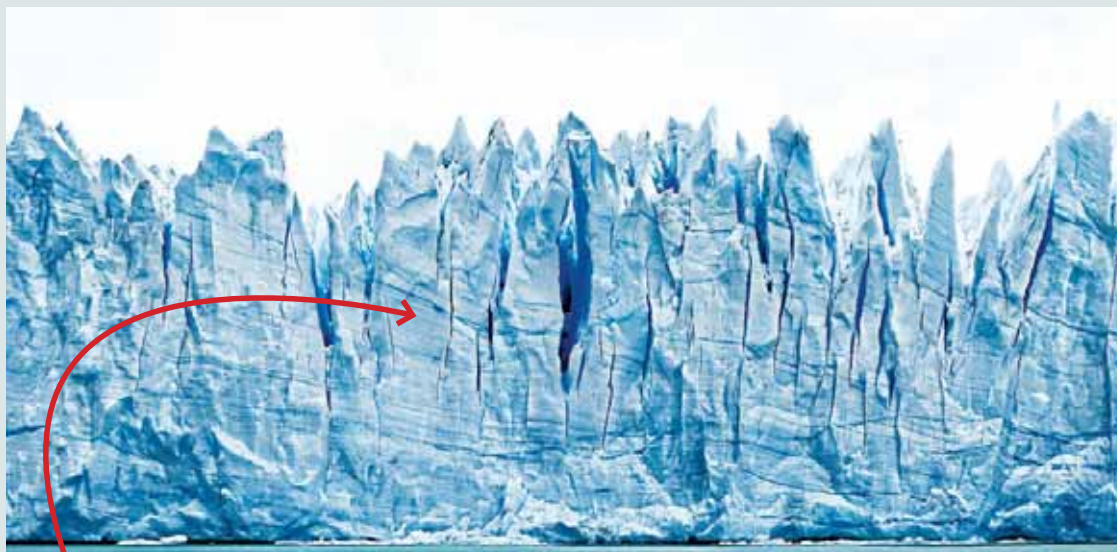
Our Fearless Civic Leader's response to Edmontonians' concerns and complaints was to encourage Edmontonians to get out and clear away the ice and snow so the water could run off.... How aged, infirm or otherwise unhealthy Edmontonians were supposed to do this was not mentioned.

extended to other things. We are all going to be responsible for the section of street in front of our houses. We will not only have to keep the street clear of snow and ice, we are also going to be responsible for filling potholes and replacing cracked or uneven sidewalks. Doing so will show that we are really, really, really good neighbours.

The acronym for this initiative is SCADIYE. That stands for Stop Complaining And Do It Yourself Edmonton. The mind boggles.

ZOOM

The Great Wall of Patagonia



FRANK THIEL/SEAN KELLY GALLERY

Towering glacier in all its majesty

The monumental beauty of Patagonia's grandest glacier is portrayed in a series of photos by German artist Frank Thiel. Shooting from boats in choppy waters, Thiel has captured both the majesty and fragility of the Perito Moreno Glacier in southern Argentina. His work is now on display at the Sean Kelly Gallery in New York.

METRO WORLD NEWS

Q&A

'Magical and fragile'



FRANK THIEL
Photographer, 47,
based in Berlin

What does your powerful photograph tell us?

It says that nature is the greatest artist alive. With my photo I want to show the glaciers' physical forms and their endless variations

of blues, whites and greys in unknown detail. The picture celebrates a beauty that's both magical and fragile.... Seeing a glacier calving into the water is beautiful. But it is a very contradictory kind of beauty that one cannot purely enjoy it because you know that the glacier is kind of dying. **This place looks surreal ...** But it is very real — ice up to tens of thousands of years old. But what is unnerving is knowing that it's not part of our collective treasure trove

of human experience and is older than any living creature on our planet.

What was it like to work in such an environment? Reliable weather forecasts do not exist out there so you're in the middle of nature. The Andes creates extremely unpredictable micro-climates. And the glaciers almost function like gigantic wind tunnels as the air above the ice is colder and faster than elsewhere.

ANTHONY JOHNSTON/MWN

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

A lot of our favourite podcasts are still going strong in 2014, including one that has returned from an unwelcome (to us, anyway) break. Subscribe to these shows in iTunes for a steady supply of laughs and wisdom.

Stuff You Should Know:

Short, in-depth lessons on the history or mechanics of a staggering variety of topics. The Spanish Inquisition? Check. Jack the Ripper? Why not? Pet psychics? You bet. An endlessly fascinating array of anecdotes and info to keep you sounding smart at parties for months to come.

The Fogelnest Files:

Part comedy show, part permanent tangent into pop-culture history with very funny people you've probably never heard of. From lengthy treatises on punk music to a spotlight on the joke factories that make up "Weird Twitter," Jake Fogelnest has his finger on many pulses.

Adjust Your Tracking:

An excellent ongoing discussion about film and TV, including trends, new releases and interviews with guests who love the stuff as much as the hosts do.



THE ASSOCIATED PRESS

Twitter



@metropicks asked: What do you think of dress codes in the workplace? Good or bad idea and why?

@alicyaperreault: If u are working for me u are representing my company & I would expect your attire to reflect professionalism. No yoga pants!

@starrydays17: what is more important, how I look, or what I accomplish? Dress codes emphasize

the former.

@Craig_F: I think they're a great idea saves me so much time in figuring out it's a company not worth doing business with

@sadie_simo: Necessary to look professional. Even if you're miserable; dress for the job you want, not the job you have!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: edmontonletters@metronews.ca

Ebooks



**Captain America:
The Winter Soldier**

By. Ed Brubaker/ Marvel
Unlimited

iPad/iPhone/Android



**MIND THE
APP**

Kris Abel
@RealKrisAbel
scene@metronews.ca

A new concept for digital comics, adaptive audio is a music soundtrack that changes tempo to match your speed in turning pages. Added sound effects are triggered by panels and the result is that scenes with text build in anticipation while fights move with intensity. It's your narrative, so your imagination remains in control.

Game of Thrones

**Creators say they
can predict the
(unwritten) future**

Game of Thrones creators David Benioff and Dan Weiss say they've consulted with George R. R. Martin — author of the series of novels on which the show is based — and have a pretty good idea of how the story will end, even though the final two books haven't been written yet. They're now convinced the TV series will only run for three or four more seasons.

THE CANADIAN PRESS

Rick Ross talks staying on top ... and staying alive

Mastermind. As his new album rules the charts, the rapper reveals how a 2013 drive-by shooting changed his take on life



Rick Ross' Mastermind LP shot to No.1 on the Billboard 200 after being released March 3. THE ASSOCIATED PRESS FILE

Rick Ross still gets excited by No. 1 albums, but as he celebrates his fifth he takes satisfaction in different ways.

Ross marked the ascendance of Mastermind on Saturday night during South by Southwest, drawing one of the week's larger crowds in Austin during the annual music conference and festival.

"You know what, when this is what you centre everything around, you just want the best, not only for yourself, but for your team, everybody you build with," Ross said.

"I not only want a No. 1 for me but for all the new-time dudes who've never been on a No. 1 album."

It's been quite the run for Ross. Five of his six major-label albums started out atop the Billboard 200, moving him into rare company. The magazine says among rappers only Jay Z (13), Eminem (seven), Nas and Kanye West (six apiece) have had more and he's now tied with Tupac Shakur and DMX.

Ross attributes the run to remembering where he got his start.

"Regardless of the success I see, I still go back to my foundation ... that made me," he said as he stood shirtless in his dressing room tent following a performance at Fader Fort.

"Yesterday, after being out on promo for two months, I took a day out of my schedule

Quoted

"Rule No. 1 in the handbook I studied is never let the game kill you."

Rick Ross
on facing violence in his life

to go to the smaller markets in South Carolina, the Columbia, you know the (places) that don't get attention. But those are the places where I remember making my first \$5,000 shows from, so I still go to those places."

The 38-year-old Miami rapper played new material for fans and showed his mind's been on mortality since he survived a January 2013 drive-by shooting in Fort Lauderdale. He told the crowd it was important to remember the rappers who have died too

early like Shakur, The Notorious B.I.G. and Pimp C before launching into Nobody, a song with the chilling French Montana vocal hook "you're nobody till somebody kills you."

The song is paired back to back on Mastermind with Shots Fired, a series of news clips recounting the attack.

"You know it's unfortunate, it's nothing to glorify," Ross said. "Where I come from in my city — I come from Carol City in Miami — they've renamed it the Miami

Gardens, you know, and they done dubbed it the Murder Gardens, and it's unfortunate. But those are conditions we were unfortunately seeing coming up. So me being in the position I am, that's what come with that. So Rule No. 1 in the handbook I studied is never let the game kill you."

Ross says the experience has caused him to look at life through a new filter. Not long after the near miss he put on Biggie Smalls' Ready to Die.

"I just listen to it in a different light," Ross said. "It's jacked up, but that's what come with this.... You're never indestructible, but what you do is if you have certain feelings you want to express, you express your feelings. I'll continue to do that till the day I die."

THE ASSOCIATED PRESS

2 SCENE

**MASTER
THE ROAD
SALES EVENT**

LIMITED TIME OFFER

\$4,000⁺

UPGRADE CREDIT
ON ALL 2014 TL MODELS



2014
TL

\$198 | 0.9%^{*} | **\$2,910
DOWN
PAYMENT**

BI-WEEKLY 36-MONTH
LEASE

OR

\$5,000^{††} CASH PURCHASE CREDIT
ON SELECT ACURA TL MODELS

WEST SIDE ACURA
17456 - 102 AVENUE
TOLL FREE 1.888.554.0149
WESTSIDEACURA.COM



Selling price is \$46,111 on a new 2014 Acura TL SH-AWD[®] (Model UA9F2EJ). Selling price includes \$1,995 freight and PDI, excise tax (\$100), new tire surcharge (\$20) and AMVIC fee (\$6.25). License, insurance, registration and taxes (including GST) are extra. *Limited time lease offer based on a new 2014 Acura TL SH-AWD[®] (Model UA9F2EJ) available through Acura Financial Services, on approved credit. Representative lease example: 0.9% lease rate for 36 months. Bi-weekly payment is \$198 (includes \$1,995 freight and PDI) with \$2,910 down payment. 16,000 km allowance/year; charge of \$0.15/km for excess kilometres. Total lease obligation is \$18,354. Offer includes excise tax (\$100), new tire surcharge (\$20), AMVIC fee (\$6.25), PPSA (\$11) and upgrade credit (\$4,000 to retailer). License, insurance, registration, options and applicable fees, duties and taxes are extra (including GST). †\$4,000 Upgrade Credit is available on all remaining new 2014 Acura TL models and can be combined with lease/finance offers. ††\$5,000 cash purchase incentive available on select new 2014 Acura TL models (UA8F2EJ, UA8F3EJ, UA8F5EK, UA9F3EJ, UA9F5EK, UA9F7EK). Cash purchase credit includes upgrade credit. Total cash purchase credits consist of: (i) \$1,000 that cannot be combined with lease/finance offers; and (ii) \$4,000 that can be combined with lease/finance offers. All cash incentives will be deducted from the negotiated selling price before taxes. Some terms/conditions apply. Model shown for illustration purposes only. Offers end March 31, 2014, are subject to change or cancellation without notice and are only valid for Alberta residents at Alberta Acura retailers. Dealer may sell/lease for less. Dealer order/trade may be necessary. While quantities last. See West Side Acura for full details. AMVIC LICENSEE

Rapper pushes fans to be pushy, law enforcement pushes back

Call him Tyler, the Creator of safety hazards? The Odd Future rapper had a busy weekend, playing a sold-out show in Dallas just hours after being released from jail in connection with a misdemeanor charge of inciting a riot.

He was arrested at Austin Bergstrom Airport on Saturday and released later that day after securing a \$25,000 US bond. Police say the 23-year-old Los Angeles resident incited a large crowd of fans to push their way past venue employees controlling access to an unofficial South by Southwest day party that was already at full capacity. Officers who were at the scene said in a warrant that Tyler yelled for fans to push their way inside twice, and that a bartender had to protect a woman from injury



Tyler, the Creator
ALL PHOTOS GETTY IMAGES

in the resulting push.
THE ASSOCIATED PRESS

Angelina Jolie plans on second surgery to prevent cancer

A year after she underwent a double mastectomy as a preventative measure against breast cancer, Angelina Jolie is set to go under the knife again, she reveals to Entertainment Weekly.

"There's still another surgery to have, which I haven't yet," she says. "I was very fortunate to have great doctors and very, very fortunate to have a good recovery and have a project like Unbroken" — her second film as a director — "to be really focused on, to be getting healthy for, and to be able to just get right back to work."

Jolie is still at risk for ovarian cancer, which claimed the life of her mother.



Angelina Jolie

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

The artist formerly known as Ke\$ha?



STARGAZING
Malene Arpe
scene@metronews.ca

After leaving rehab, Ke\$ha changes her Twitter name to Kesha. "Waste not, want not," says Kim Karda\$hian.

Prince William and Kate are facing criticism over leaving their infant son at home and flying away on vacation. Not complaining: everyone else on the plane.

Benedict Cumberbatch says that he is "so ready to play a really dumb character." "You stay away from my work, you Brit you," says Adam Sandler.

Miley Cyrus missed a costume change during a concert and had to return to the stage in her underwear. "It was surprising and something we all noticed," said no one in the audience.

Diogo Morgado, who plays Jesus in the movie Son of God, will reportedly next play the devil on the TV show The Messengers. And then, when he's done with all the major roles in Christianity he has his sight set on young,



muscular Buddha.

Justin Bieber and Selena Gomez are back together after Justin reportedly sent Selena \$10,000 worth of flowers. However, insiders also say that she was very impressed with how hot and masculine he was when he viciously bullied a court reporter at his recent deposition.

A friend sneaks vodka into Katy Perry's kale juice. That sounds like the best idea since not drinking kale juice.



Johnny Depp and Amber Heard

Looks like it's official for Johnny and Amber

Former Rum Diary co-stars Johnny Depp and Amber Heard are set to tie the knot, and they made their intentions clear Friday night with a big engagement party for friends and family in downtown Los Angeles, according to Radar Online.

Among the 100 guests were Mandy Moore, Jerry Bruckheimer, Marilyn Manson, and Aerosmith front man Steven Tyler, as well as Depp's 11-year-old son, Jack, and mother, Betty Sue. Depp and Heard are expected to marry sometime this summer, sources say.



Rob Lowe

Rob Lowe recalls that time he didn't get to sleep with Madonna

According to Rob Lowe, he totally could have scored with Madonna back in 1984 — until he screwed it up by being a stick in the mud. In his new memoir, Love Life, Lowe recounts hanging out with the Material Girl at L.A.'s Palladium and everything seemed to be going smoothly. "Madonna and I were discuss-

ing where we would sneak off to at the end of the evening when she suddenly jumped up and said, 'Let's dance!' 'You're crazy,' I said, half meaning it," he writes, explaining that at that point Madonna got defensive: "No I'm not," she said. 'I'm just not going to let success f— up my fun.' And that was the end of it.

**BAD CREDIT?
NO CREDIT?
I CAN HELP!**

*You Deserve It!
I Guarantee It!*

**SHERWOOD
DODGE**
CHRYSLER JEEP RAM MOPAR



2007 DODGE NITRO SLT, LEATHER,
SUNROOF #4R18240A

\$12,999
or **\$119^{BW}**



2010 ELANTRA, ONLY 64,000KMS
#EN3362A

\$9,999
or **\$79^{BW}**



2008 CHRYSLER SEBRING
CONVERTIBLE, 85000KM, V6
#4CK9509A

\$13,999
or **\$127^{BW}**



Brad McDonald

Call **BRAD 780.951.1657**
Yellowhead & Broadmoor, Sherwood Park

*All Prices And Payments + GST. Eg. 2010 Elantra, #EN3362A \$9,999.00 for 72 months @5.99% is \$79 biweekly +GST. C.O.B = \$2035. Vehicles may not be exactly as illustrated.



9 nifty ways to save, plus a tip

Finding the money.

Ideas from banking a raise to stashing your coins can grow your savings fast



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

People often tell me they can't find the money to save. Really? Not even \$1 a week? I don't believe you. I think if you put your mind to it, if you really, really want to save, you can. Here are some tips:

1. Get started

I don't care if you use an envelope, a coffee can or an old jam jar. Pick an amount and stick it in your container every single week. Whether it's two dollars or ten, the trick is to do it religiously, never count it and don't spend it. EVER. Under no circumstances. You may have to hide it from everyone else so they aren't tempted to dip into your stash of cash.

2. Live on your pre-raise income

If you get a cost-of-living increase or a performance raise, pretend you didn't and save the extra money you're bringing home each pay.

3. Implement a fast-food tax

Like to hit the fast-food outlets or drive-through windows? Keep a container in



Latte go of a bad habit: Give up one caffeine hit a day and tuck the three bucks into your Good Habit jar instead. ISTOCK

your car and every time you pick up a coffee, grab a burger or hoe through a muffin, drop a buck in your bag. If you can find the money for the coffee, you can find the money to save too.

4. Reallocate

Just paid off a big bill like your car payment or credit card balance? Assuming you're out of the hole, add half the bill amount back into your budget and save the other half. You're already used to living without that money, so save some.

5. Put away your "savings"

This is one of the things that drives me crazy! People tell

me how much they saved on sales, using coupons, or just by being a smart shopper. When I say, "So where are those savings?" they look at me with a dazed expression. Then they laugh and shake their heads. Hey, it's nothing to laugh about. If you just saved \$6 at the grocery store by being a savvy shopper, take that \$6 and stick it in your savings container at home. If you don't, you'll just spend it somewhere else and then you won't have saved anything.

6. Reward yourself

If you have the discipline to use a credit card and then pay off your balance every month, use a card that gives you cash

back or a useful reward. Some credit cards earn grocery money. Some give you points you can use to cash in for rewards. Some give you cash back. Put those benefits to use to grow your savings.

7. Stash your coins

I know lots of people who use a change jar to save for a holiday. I don't consider this savings. Since you're going to spend the money, it's actually "planned spending." But if it's money you're not going to carry as a balance on your credit card, I'm all for it. If you don't have an emergency fund, saving your coins is a great way to get one started. And if you super-charge your

change jar by dropping in a fiver at the end of every week, you won't believe how fast that money grows.

8. Swap a bad habit for a good one

Love candy? Can't walk by the coffee shop without dropping \$3 for a caffeine boost? Smoke, drink pop or booze, or chew gum? Start giving up your bad habit slowly, and reward yourself with a good one as you do. Go from smoking 20 cigs a day to 15, and drop the 20¢ you didn't send up in smoke into your Good Habit jar. Walk past the coffee shop just once and you can add another \$3 to your Good Habit jar.

9. Cut your communications bill

Here is one area where people routinely overspend: telephone, cell phone, cable, Internet. Cut your bill by \$10 a month and now you have enough to start a savings plan. Cut it by \$30 and you're three times smarter.

Tip: Saving is only saving if you take the money and stash it away for the future. So the next time you save money by cutting your spending, using a coupon or negotiating a deal, take your savings and actually save it by putting it in a TFSA, RRSP, RESP or high interest savings account. If you can't see it, you didn't really save it.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

3 TIPS

METRO CUSTOM PUBLISHING

Tax Talk



Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

New homeowners: here's what to claim, but don't forget to repay RRSP amounts

Q

I just bought my first home. What can I claim?

A

I hope you are enjoying your new place. You should be able to claim the First Time Homebuyers Credit, which means about \$750 in tax savings. There is no particular slip but you must be able to prove to the CRA that you bought a house in 2013. This could be the bill from your lawyer or closing papers. Unlike our U.S. neighbours who can claim mortgage interest, the tax benefits for Canadian homeowners comes when you sell. Any profit you make on the sale of your home is tax free. But you have to wait for the payoff. There is no annual benefit you can claim.

Q

I borrowed money from my RRSP to buy my first home, but I forgot to make the first re-payment. Can I just double up my payment this year?

A

Congrats on your new place. Under the Home Buyers Plan, you start making re-payments in the second year after you borrow the funds. Unfortunately, you can't miss payments. If you didn't deposit money back into your RRSP to cover the repayment last year, the CRA considers the amount income and it is added to your tax return. Check your Notice of Assessment for your re-payment amount and make sure you don't miss it this year.

Visit hrblock.ca for a location near you

Money 101. Two couples, one year to make them richer

Sporting healthy financial gains

Wondering what it's going to take to make you wealthier? A combination of debt reduction, asset growth, frugal living and dedication to a savvy financial plan will do the trick. So far, this recipe has produced stellar results for the two couples I am offering financial advice to this year. Since January, Anne-Marie and Peter have improved their net worth by \$4,000, while Carolina and Jose have improved theirs by \$1,200. – Lesley-Anne Scorgie/For Metro



Small rewards for saving may include buying a new hockey stick. MIKE FLIPPO/SHUTTERSTOCK



Allocate money for small indulgences from time to time. WAVEBREAKMEDIA/SHUTTERSTOCK

Anne-Marie and Peter



LESLEY-ANNE SCORGIE
For Metro

Anne-Marie and Peter rocked their homework assignments this month. After meeting with a tax adviser, the couple made additional RRSP contributions of \$500 each before the March 3 RRSP deadline, which counts toward their 2013 taxes.

That RRSP money came from the debt repayment portion of their monthly budget. So, to get back on track with their debt repayment schedule, Anne-Marie and Peter will use a portion of their expected tax refund to pay off debt.

Saving for an emergency has also become top of mind for Anne-Marie and Peter. Though no one likes to think of a disaster, it's financially prudent to do so, especially when children are involved.

The couple plans to start building their emergency fund through regular monthly contributions to their tax-free savings account (TFSA). This translates into scaling down their debt repayment plan; rather than \$1,000 each month, they will pay \$800 on debt and put \$200 into their TFSA.

As part of their homework, Anne-Marie and Peter will come up with a plan for their expected tax return, with debt

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 36 and 33
- Occupations: Broadcasting and sports editing
- Total household income: \$110,000
- Life stage: Expecting their first child in June 2014
- Financial savvy: Medium — they use budgets to help guide spending, have

some retirement savings, and are committed to paying off debt

- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home
- Homework from last month: Open tax-free savings account, make an extra RRSP contribution before March 3, and meet with a professional tax adviser

repayment being their highest priority, followed by building their emergency fund, and saving a portion for small rewards for themselves (a hockey stick for Peter and a dinner out with her gal pals for Anne-Marie).

When I meet with Anne-Marie and Peter in Toronto this week, I will be examining Anne-Marie's pension statements, their RRSP investments, and offering guidance about what questions to ask their investment adviser to ensure they are invested in the right assets.

We will also be reviewing three ways that Anne-Marie and Peter could save for a down payment for a home.

The first way is not to save

at all and instead ask for a gift or loan from a family member. Second is to use the RRSP Home Buyers' Plan (where you borrow money from your RRSP). Third is to save the old-fashioned way through automatic monthly contributions to a low-risk savings vehicle like a money market mutual fund, high-interest savings account or GIC.

Anne-Marie and Peter's net worth is currently \$70,000.

Homework

Anne-Marie and Peter will begin building an emergency fund through a TFSA, and develop a plan for their expected refund.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

It has been an incredible month for Carolina and Jose, both financially and emotionally.

The couple stuck to their homework and main goal of paying off the remaining \$500 of Jose's student loan. They did this by selling some of their furniture and electronics online. Carolina and Jose found it liberating to pay off the loan, and it further motivated them to become debt-free as quickly as possible.

You will recall that Carolina and Jose established their first budget one month ago and, so far, they have been successful in sticking to it. They are filing receipts in an accordion folder, reconciling those against their budget, and including a "where's our budget at" conversation in their weekly chores.

Emotionally, Carolina has found it much easier to shed her "mommy guilt," knowing that money has been allocated in their budget for her to use towards some small indulgences from time to time. She has even enrolled in a free weekly yoga class.

Jose is exploring higher paying job opportunities, and is also turning his photography hobby into extra income. The couple also sat down with a professional financial adviser to ensure they are taking advantage of all available tax benefits.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing
- Total household income: \$55,000
- Life stage: Three daughters aged five, two and eight months
- Financial savvy: Medium to low — they recently

established a budget, are frugal spenders, have no retirement savings, and are committed to paying off debt

- Top goals for 2014: Pay off debt, buy a house and visit family
- Homework from last month: Pay off Jose's student loan. Start saving through an RRSP and TFSA. Deal with "mommy guilt." Meet with a tax adviser

Even more exciting is they rustled up the courage to ask Jose's parents to give them a down payment so they can buy their first home. His parents said yes, and it appears Carolina and Jose's dream is becoming reality.

Over the next two months, Carolina and Jose will be meeting with Mike, my mortgage broker. He will lead them through the pre-approval process and the nitty-gritty financial details of owning a home.

Luckily, Carolina and Jose will be benefiting from historically low interest rates, meaning more of their mortgage payment will go towards the principal balance of the mortgage rather than the interest.

They will also be working with my trusted realtor and longtime friend, Carmelle. She will help Jose and Carolina figure out what kind of home, and what neighbourhood, they will be able to afford.

Carolina and Jose's net worth is currently \$31,300.

Homework

Carolina and Jose will develop a plan for their expected tax refund and also determine the value of home they can afford and begin shopping.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF RICH BY THIRTY, AND RICH BY FORTY. HER NEWEST BOOK, WELL-HEELED, HITS SHELVES IN APRIL.

► Reasons to THRiVE

- ☒ No fees
- ☒ Pays interest
- ☒ Up to \$100 Bonus*
- ☒ Smile more

Until March 31, get a \$25 Bonus when you become a new Client by opening a THRiVE Chequing® Account. Plus, when you switch your pay deposits to that new Account, you get an additional \$75 Bonus!

ingdirect.ca

ING DIRECT
forward banking™



ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license.™ forward banking is a trademark of ING Bank of Canada.® THRiVE Chequing is a registered trademark of ING Bank of Canada. * To receive a \$25 Bonus, new Clients must open a THRiVE Chequing Account with an initial deposit of at least \$100 from January 1, 2014 to March 31, 2014. To receive an additional \$75 Bonus, pay must be deposited into the same THRiVE Chequing Account by April 30, 2014. Existing ING DIRECT Clients only qualify for the \$75 payroll transfer Bonus. Bonus will be deposited into the same THRiVE Chequing Account within 30 days of completing each action. Limit of one (1) Bonus offer per person.

Rolling up the sleeves of workplace attire

Strictly business or not. Self-expression gains ground but some traditions still rule

DAVID SINGH
life@metronews.ca

Professional hockey players are known for arriving at arenas looking dapper in their suits. But during the recent Olympics, broadcaster Don Cherry noted that players on Team USA were showing up in track jackets and sweat pants.

Like it or not, that's just a small example proving that the times are changing when it comes to traditional dress codes. So we decided to take a closer look at the thinking that goes into employers' policies on workplace attire.

The loose code

Sid Lee, a communications advertising agency in Toronto, takes pride in their "very casual" dress code. Whether

it's jeans, plaid, baseball caps, or fresh sneakers, the company doesn't mind. Even tattoos are game.

"It's funny because it's actually odd in our business now not to see a few people brandishing tattoos openly," said Dustin Rideout, VP of strategy at Sid Lee. "I think it would be weird if we didn't see that."

Rideout says the company, which works closely with brands, looks at its employees as a cast of characters that make the company unique. And in their case, being unique is the goal.

"In our business, brands are always looking for ways to be unique or stand out, because there's just so much noise out there," he said. "Having people walk that talk, in their everyday life at Sid Lee, rather than something they just pay lip service to, is important in living that value."

But it's not like employees are just showing up in their pajamas. Rideout says there's an unspoken understanding that people need

We asked you!

@metropicks: What do you think of dress codes in the workplace? Good or bad idea and why?

@CoryHaller ● ● ● ● ●
Bad Idea. Stifling your employees fashion sense throws all hopes of company culture out the window in favour of a company regime

@JuleFlower ● ● ● ● ●
good idea. Lululemon pants, flipflops, beer tshirts. A profes-

sional workplace is not the gym or beach

@RealBritbird ● ● ● ● ●
Teach children to dress appropriately by wearing school uniforms, as adults, no dress codes would be needed

@award376 ● ● ● ● ●
great idea it promotes unity and consistency. And most of all eliminates the chance in-appropriate attire.

to dress to certain occasions or client situations, and the staff hired are "professional enough" to know the difference.

The traditional code

The Bank of Montreal relies on a different dress code. Ralph Marranca, director of media relations at BMO, prefers to call it "guidelines" that apply across the company's enterprise.

He says this typically includes suits, dress slacks and dress shirts for men and pant suits, dresses, skirts, blouses, sweaters or jackets for women.

"We're a customer-focused organization," Marranca said. "The underlying principle is that we must maintain professional standards and present a professional image to our customers at all times."

He says employees are asked to use their common sense and apply the rule, "If you have to ask yourself if it's acceptable, then it probably isn't."

However, Marranca notes that BMO is open to its own kind of flexibility. In addition to casual Fridays, he uses the example of colourful bow ties instead of traditional neckties. Pocket squares are also increasingly common.

"We want to give employees some flexibility," he said. "Your clothing is sometimes an expression of yourself. How people dress expresses their personality. I think we are mindful of that."

But the bottom line



Even tattoos are game in some offices with casual dress codes. iStock

Cramp someone's style

"I think either no one would show up or people would show up naked in protest."

Dustin Rideout, on what would happen if his workplace introduced a strict dress code.

Marranca stresses is that the company needs to maintain its guidelines simply because of its industry.

"I think we do have to be mindful that there are certain expectations from our

customers, (who have) an expectation of what is professional," he said.

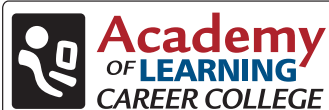
After all, you probably wouldn't want your finances handled by someone wearing a baseball cap. Or would you?

WE CHANGE LIVES!

Success is **closer** than you think.

"I never really felt the traditional learning style was effective for me. I found the Integrated Learning™ System used by the Academy of Learning Career College enabled me to learn so much more. Academy of Learning Career College gave me the skills and confidence I needed to get exactly the type of job I was looking for."

**BE JOB READY
IN 6 TO 12 MONTHS**



www.academyoflearning.ab.ca

CENTRAL (780) 424-1144

SOUTH (780) 433-7284

WEST (780) 496-9428



ACCOUNTING
LEGAL
TECHNOLOGY
BUSINESS
HEALTHCARE



classes start March 18!

Check out **www.robertsoncollege.com** or call 780.705.6633

@AlbertaAOL academyoflearning.ab.ca

Smarten up your table with bow tie pasta, red bell pepper pesto, chicken and pine nuts



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

FLASH FOOD



From your fridge
to your table in
30 minutes or less

This is a wonderful and nutritious one-dish meal. You have your grains, vegetables and protein.

I recommend using whole wheat pasta to boost your fibre and nutrients. You can always substitute the pasta for penne or rigatoni. The red bell pepper pesto is a real change from regular basil pesto. You can multiply the recipe and freeze for later use.

This is a very versatile dish that can use other proteins such as beef, seafood or tofu. Toast the pine nuts by placing in a hot skillet over medium-high heat and cook-

Ingredients

- 8 oz boneless skinless chicken breast

Pesto

- 1 large red bell pepper, roasted, cut into quarters **
- 1 garlic clove
- 1/3 cup toasted pine nuts
- 1/3 cup chopped sundried tomatoes
- 1/2 cup fresh basil
- 1/4 cup fresh mint
- 1/3 cup grated Parmesan cheese
- 1/4 cup (60 mL) olive oil
- 1/4 cup (60 mL) low-sodium chicken stock
- Pinch of salt and pepper

Pasta

- 8 oz bow tie whole wheat pasta
- 1/2 cup chopped basil
- 1/2 cup sliced red bell peppers

**COOKING
TIME**
20 MINUTES



This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Nutritional information

- | | |
|----------------------|-----------------------|
| • Calories 409 | • Total fat 16.5 g |
| • Carbohydrates 47 g | • Saturated fat 3.2 g |
| • Fibre 5.8 g | • Cholesterol 37 mg |
| • Protein 22.5 g | • Sodium 414 mg |

ing for two minutes or until lightly browned. You can make up a batch and freeze for later use.

Pine nuts have one of the

Directions

1. Grill or sauté the chicken breast just until cooked or temperature reaches 165 F, about 4 minutes per side. Let

cool, then slice thinly.

2. To make the pesto: Place the peppers, garlic, half the pine nuts, sundried tomatoes, basil, mint, half the Parmesan, oil, stock and salt and pepper in a food processor and purée until smooth. If too thick, add more stock.

3. Meanwhile cook the pasta just until al dente about 8 minutes.

4. Add the chicken and pesto to the pasta and garnish with the remaining pine nuts and Parmesan cheese, basil and bell pepper.

**To roast a red pepper, cut into quarters, remove the seeds and bake at 425 F for about 20 minutes, turning halfway. Remove the skin and slice. You can also buy roasted bell peppers in the supermarket packed in water.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

CLEAR VISION IS PRICELESS.

But it doesn't have to be costly.

Book a free consultation at 1-877-573-9888 or lasikmd.com

LASIK MD
VISION

Laser vision correction starting at

\$490 /eye*

Lowest
Price
Guarantee[†]



*Prices are subject to change without prior notice and vary based on prescription strength. Only applicable on a procedure for both eyes. Other conditions may apply. †Conditions apply, see lasikmd.com/lpg.

Sochi 2014

Canada strikes its golden goal

Canada succeeded in attaining its lofty goal at the Sochi Paralympic Winter Games.

Two podium-topping performances on Sunday's final day of competition ensured the Canadian Paralympic Committee's benchmark of finishing in the top three in gold medals was met.

It didn't look all that likely heading into the weekend.

Canada picked up golds from para-alpine skier Mac Marcoux and the wheelchair curling team on Saturday.

Canada finished with seven gold, two silver and seven bronze, good for fourth overall in total medal count.

Russia topped the standings with an eye-popping 80 medals—including 30 gold—while Ukraine was second with 25 total medals.

A series of high-profile retirements after a 2010 Vancouver Paralympics that saw Canada win 19 medals, including 10 gold, gutted the team's podium experience, but a mix of veterans and youth stepped up in a big way. **THE CANADIAN PRESS**



Canadian fans cheer our wheelchair curling team to a gold-medal victory on Saturday. PAVEL GOLOVKIN/THE ASSOCIATED PRESS



Brian McKeever of Canada and guide Erik Carleton are awarded gold medals for their victory in Sochi, Russia, on Sunday. MARK KOLBE/GETTY IMAGES

Symphony on skis in Sochi

Paralympic Games. McKeever, Klebl strike cross-country gold for Canada on final day

Brian McKeever and Chris Klebl made sure Canada finished the Sochi Paralympic Winter Games on a high note.

The cross-country skiers both won their races on Sunday, with McKeever taking the men's visually impaired 10-kilometre event before Klebl surprised the field with

a stunning victory in the men's 10-kilometre sitting category.

McKeever picked up his third gold medal—and the 10th of his career—at these Games, while Klebl won his first-ever Paralympic medal.

McKeever finished Sunday's race in a time of 23 minutes 18.1 seconds, just 8.1 seconds ahead of Russia's Stanislav Chokhlaev.

He employed the same strategy with his guides that helped him win the 20-kilometre gold medal last week. With windy conditions starting to wear on guide Erik

Carleton, Graham Nishikawa entered the race with about three kilometres to go to help seal the 10th gold medal of McKeever's storied career.

"It was all on the guides today. They did such a great job with all the headwind," said McKeever.

The 42-year-old Klebl won in a time of 30 minutes 52.0 seconds. Ukraine's Maksym Yarovyi finished second at 31:06.5 and Russia's Grigory Murygin skied to the bronze at 31:18.2.

"It feels pretty good for sure," said Klebl. "I have ex-

ceptional skis for wet, sloppy conditions and today we got exactly those conditions."

A three-time Paralympian, Klebl moved to Canmore, Alta., to join the Canadian team from the United States following the Vancouver 2010 Games.

Also Sunday, para-alpine sit-skier Josh Dueck was chosen as Canada's flag-bearer for the closing ceremony. The native of Kimberley, B.C., won gold in the super combined and silver in the downhill in Sochi.

THE CANADIAN PRESS

Oilers battle for late win over 'Canes



Edmonton's Nail Yakupov has his shot blocked by Carolina goaltender Anton Khudobin in Raleigh, N.C., on Sunday. KARL B. DEBLAKER/THE ASSOCIATED PRESS

The Edmonton Oilers used a late power-play goal to get a hard-fought road victory.

Justin Schultz scored with the man advantage at 9:01 of the third period and the Edmonton Oilers earned a 2-1 win over the Carolina Hurricanes on Sunday.

David Perron and Taylor Hall had the assists on Schultz's ninth goal of the season as part of his third multi-point game of the season.

"Yeah, it was a good road effort for us," Schultz said.

"We battled hard all game."

Matt Hendricks opened the scoring at 6:43 of the first to give the Oilers a 1-0 lead. Boyd Gordon and Schultz had the assists on Hendricks's fifth goal of the season.

Hendricks outskated Hurricanes defenceman Ryan Murphy to the puck behind the Carolina net and attempted to pass it back to Edmonton centre Anton Lander.

The puck deflected off Hurricanes defenceman Jay Harrison's stick as he trailed to defend on the play and the puck ended up behind goalie Anton

Khudobin to give Edmonton the early lead.

Edmonton goalie Ben Scrivens made 29 saves for the win.

Carolina's Jordan Staal tied it at 1-1 with 17.2 seconds remaining in the opening period as his brother Eric Staal and defenceman Justin Faulk helped set up the play.

"It was a great team effort," Oilers coach Dallas Eakins said.

"I thought our penalty kill sparked us. There's a lot of sacrifice out there blocking those shots and it really got our bench ignited." **THE ASSOCIATED PRESS**

Horoscopes

Aries

March 21 - April 20

The more you dwell on a matter that troubles you the more you will worry about it, so pull your mind away from the issue and focus on what makes you feel good.

Taurus

April 21 - May 21

Your mind may be bubbling with great ideas but what are they worth if you don't do anything with them? If you want to get serious it will take more than just ideas – it will take commitment.

Gemini

May 22 - June 21

If you get the chance to move up on the work front you must take it. Don't worry that you are not qualified for the job because enthusiasm is more important than experience – and that's something you'll gain as you go along.

Cancer

June 22 - July 23

There is a reason for everything that happens in life and that fact won't change just because you can't work out what it might be. Your task today is to trust in yourself.

Leo

July 24 - Aug. 23

Everyone makes mistakes, so don't beat yourself up just because you got something wrong. The important thing is that you recognize where you made an error and resolve not to make it again.

Virgo

Aug. 24 - Sept. 23

You won't see eye-to-eye with someone today but that doesn't matter – in fact it's good. The world would be a boring place if everyone got along all the time.

Libra

Sept. 24 - Oct. 23

You will change your mind about something today that you seemed so sure about yesterday. Not everyone will be happy about it but that's not your concern.

Scorpio

Oct. 24 - Nov. 22

You may be fixed in your opinions but you are not the only one with strong beliefs. Disagreements are likely this week but that's okay. New ideas may create tension but tension itself can be creative.

Sagittarius

Nov. 23 - Dec. 21

Mercury, planet of communication, moves into the domestic area of your chart today, so an exchange of ideas, and feelings, with partners and loved ones will be of benefit to you all.

Capricorn

Dec. 22 - Jan. 20

A social event could lead to a new career opportunity. Knowledge and experience are always important but if it comes down to a tie-break between you and a rival it's who you know that will count.

Aquarius

Jan. 21 - Feb. 19

Don't let anyone pressure you into doing something you're uneasy about. That applies to all areas of your life but especially to money matters.

Pisces

Feb. 20 - March 20

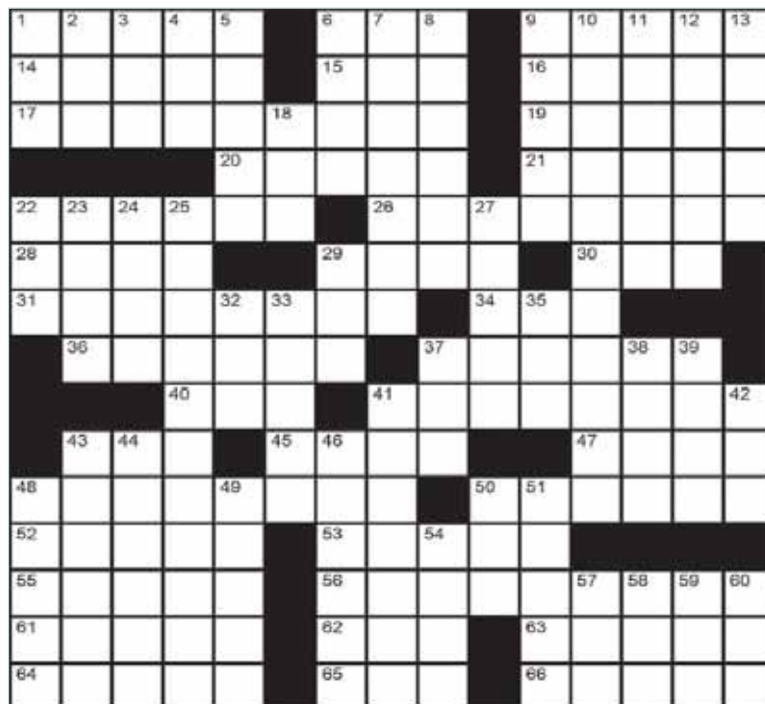
Now is the time to be ruthlessly honest. If you have things to say you must let everyone know what is on your mind. If you don't speak up now you'll be sorry about it later on.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- March 17th's star, St. ___
- Sci-Fi beings
- ___ Boson, 'The God Particle'
- Overhead
- 'The Simpsons' bartender
- Informed
- George Bernard Shaw play
- Energize
- Curls
- Hightails it
- Viewing
- Dublin band that performed "All I Want" on "American Idol" recently
- House's locale, briefly
- Wax: French
- Ontario's Erie, et al.
- Rabbit-in-a-hat routine: 2 wds.
- Modern
- Van Morrison song covered by Colin James: "Into the ___"
- Ms. McCartney
- Foiled
- Community in Manitoba southwest of Winnipeg
- John Fogerty's gr.
- Writer Ms. LeShan's
- ___dokie
- 1983 U2 album: 'Under a ___ Sky'
- Too: 2 wds.



- Metamorphosis-izer
- Fashion designer, Geoffrey ___ (b.1924 - d.2004)
- Liv Tyler's role in 'Lord of the Rings' movies
- W.B. Yeats poem, Sailing to ___

- Avoid, as an issue
- 'Speed' suffix
- Backs
- Keyed up
- That, in Spanish
- Sequence of wins in sports

Down

- Tabloid's photos-

- supplier
- 'Lull' ending
- Chien: English
- Pet doc's deg.
- Pine
- Actor Mr. Jannings
- Wrench spot: 2 wds.
- Security system device

- ___ dozen (Bakery order)
- Early U2 song: 3 wds.
- ___one's all (Really tried)
- Shades of Sham-rocks
- Feel
- Register

- "I Am ___" (2001)
- Cheese type
- Irritable
- "The Unicorn" by Canadian folk group The ___
- Al ___, as per pasta
- Nero's 300
- Windy City bus and train org.
- Someone supportive
- Poet's 'always'
- 2008 VP candidate ...her initials-sharers
- Do a thumbs up thing on Facebook
- Blue dye
- ___, crooked crosses, in God's country." - U2, "In God's Country"
- Hairstyling product
- Bobby ___ (Hockey Hall of Famer born in Flin Flon, MB)
- Animal Planet host Jeff
- Singer/actress Ms. Reynolds
- Super fun time
- The Divine Comedy writer
- Actress Ms. Ortiz
- Propels
- Mr. Pound of poetry
- Haul
- Dublin, ___
- "What's the ___?"
- Chart

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Friday's Crossword

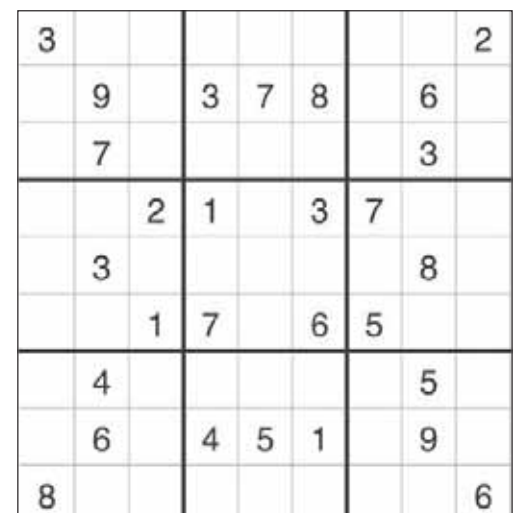


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: 4°
MIN: 0°

TUESDAY



MAX: 3°
MIN: -2°

WEDNESDAY



MAX: 1°
MIN: -4°



MICHELE MCDUGALL WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



I WILL DESIGN



Step into the World of 3D Design

DIGITAL School
technical design college

GET STARTED TODAY!
CALL 780.414.0200

digitalschool.ca



#2504

ALL NEW
2014 JEEP CHEROKEE

47 AVAILABLE

\$24,998 or \$138 b/w

#1883

ALL NEW
2014 JEEP GRAND CHEROKEE DIESEL

40 AVAILABLE

\$59,998 or \$350 b/w

GREAT SELECTION IN STOCK AND READY TO GO

#0669 **NEW CHRYSLER 200 SUPER-S EDITION**

Reg: \$36,275 Discount: \$10,285

CLEAROUT: \$25,990

OWN ME \$152 B/W

#7432 **NEW 2014 RAM 1500 HEMI**

Reg: \$29,264 Discount: \$9,274

CLEAROUT: \$19,990

OWN ME \$117 B/W

#5465 **NEW 2014 DODGE GRAND CARAVAN**

Reg: \$30,289 Discount: \$9,291

CLEAROUT: \$20,998

OWN ME \$119 B/W

#8200 **NEW 2014 RAM 1500 CREW SPORT 4X4**

Reg: \$54,154 Discount: \$19,164

CLEAROUT: \$36,990

OWN ME \$216 B/W

#2987 **NEW 2014 DODGE JOURNEY**

Reg: \$23,289 Discount: \$2,891

CLEAROUT: \$20,398

OWN ME \$116 B/W

#0286 **NEW 2014 RAM 1500 CREW SLT 4X4 HEMI**

Reg: \$51,254 Discount: \$16,299

CLEAROUT: \$34,990

OWN ME \$204 B/W

#7271 **ALL NEW 2013 DODGE DART**

CLEAROUT: \$14,990

OWN ME \$89 B/W

#3680 **NEW 2013 RAM 2500 CREW 4X4 CUMMINS LONGHORN**

Reg: \$79,234 Discount: \$19,244

CLEAROUT: \$59,990

OWN ME \$350 B/W

#4203 **NEW 2013 FIAT 500**

Reg: \$40,399 Discount: \$9,409

CLEAROUT: \$12,990

OWN ME \$76 B/W

#0657 **NEW 2013 RAM 2500 CREW 4X4 SXT**

Reg: \$50,189 Discount: \$14,199

CLEAROUT: \$35,990

OWN ME \$210 B/W

#2290 **NEW 2014 JEEP PATRIOT NORTH 4X4**

Reg: \$28,634 Discount: \$5,644

CLEAROUT: \$22,990

OWN ME \$134 B/W

#8035 **NEW 2013 RAM 3500 CREW 4X4 CUMMINS SLT**

Reg: \$67,784 Discount: \$17,794

CLEAROUT: \$49,990

OWN ME \$292 B/W

#2047 **NEW 2014 Jeep Gr Cherokee SRT8**

IN STOCK AND READY FOR IMMEDIATE DELIVERY

#2678 **NEW 2013 RAM 3500 CREW LARAMIE CUMMINS 4X4**

Reg: \$80,274 Discount: \$19,284

CLEAROUT: \$60,990

OWN ME \$356 B/W

Mike Tabler

Brad McDonald

Andrew Stennett

Aaren Schroeder

Keith Bedard

Cindy Duchene-Giroux

Ron Blonar

Brad Leyden

Darcy Silverthorn

Dave Welsh

Paul O'Mara

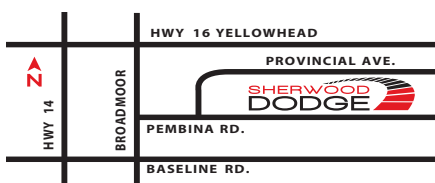
Mauricio Roa

Eddie Yehia

Len Novak



VISIT OUR ENTIRE INVENTORY AT
SHERWOODDODGE.CA

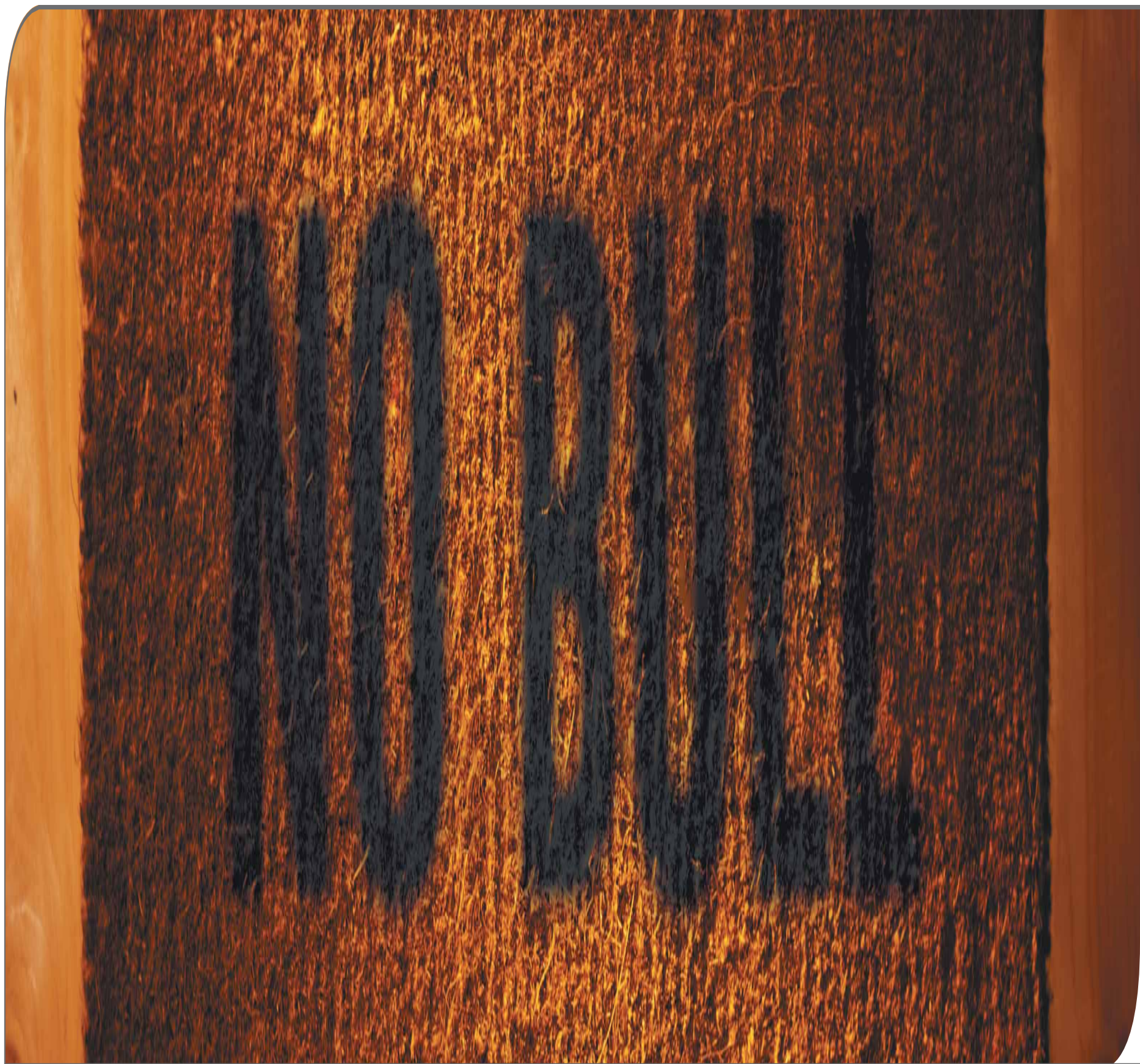


YELLOWHEAD & BROADMOOR
780.410.4100



SALES HOURS:
Monday-Thursday 8:30AM – 8PM;
Fri. 8:30AM-6PM; Sat. 8:30AM-6PM;
Sun. 11AM-4PM

Disclaimer: All prices are net of GST and include all dealer discounts and manufacturer rebates available. File photo used, vehicles may not be exactly as illustrated. Payments based on 96 mos term at 4.99% apr and are OAC. IE: New 2014 Ram 1500 Hemi for \$19990 at \$117 b/w x 96 mos at 4.99% cob \$4235. Please contact us with any questions on vehicles, options, terms, pricing. *No payments for 90 days is OAC.



Who thinks honesty
is the best policy?



So you don't have to negotiate or pay unfair penalties.

atb.com/clear-mortgage



SAVING | BORROWING | INVESTING | KNOW-HOW

ATB Financial™

™ATB Financial is a trademark of Alberta Treasury Branches.